

August 21st, 2023

RE: Annual Physical Activity Day 2023

Dear Esteemed Member of the Omaha Community,

We invite you to join us for the annual Physical Activity Day is scheduled for Saturday, September 30th, 2023, from 9:00 A.M. to 2:00 P.M. organized by Creighton University's Racial and Ethnic Approaches to Community Health (REACH).

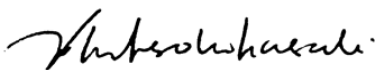
This free event will focus on promoting health and reducing health disparities in the African American community by increasing participation in physical activity. The half day of physical activity will begin at 9:00 A.M. with a one-mile walk/run event from 24th and Cuming Street to 24th and Lake Street. Following the race, additional activities will take place on 24th Street between Lake and Burdette streets. Fun activities and performances will include group exercises, step shows, drill teams, health screenings, and a host of activities for kids and adults with the day ending at 2:00 P.M. There will be a variety of summer refreshments and vendors present along with a raffle with prizes held at the top of each hour.

Beyond creating an enjoyable day for the community to have fun and visit with friends and families, this event is a very positive way to celebrate the spirit of North Omaha and learn more about the value of physical activity in reducing the risk of cardiovascular disease and improving quality of life.

We ask that everyone registers for the event. To register as a participant, volunteer, vendor, or sponsor, please visit our website at www.creighton.edu/healthsciences/cphhe/reach. We hope you can join in the celebration and participate in any way you chose. If you would like to be involved as an organization on the day of the event, please contact Mariam Abiyoun at 402-280-2124 or MariamAbiyoun@creighton.edu.

We recognize how important your participation is for the success of this event and hope that you join us. Your attendance makes a powerful and transformative impact in the lives of the Omaha community.

Sincerely,



Sade Kosoko-Lasaki, MD., MSPH, MBA
Principal Investigator REACH
Associate Vice Provost of Health Sciences
Professor of Surgery (Ophthalmology),
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Richard L. Brown, Ph.D., FACHE
Executive Director, REACH